

# TU' KWA HONE NEWSLETTER

Burns, Oregon

January 28, 2019

## General Council

January 30, 2019 at 5:30 p.m.  
at Gathering Center

## Biggest Rez Loser—Weight Loss Challenge

WEIGH INS: JANUARY 22<sup>ND</sup> – FEBRUARY 1<sup>ST</sup>, 2019

### Community news:

February 5, 2019—Culture language game night at 5:30 @ gathering center.

@ WADATIKA HEALTH CTR.

\$20 SIGN-UP FEE (FEBRUARY 1<sup>ST</sup>)

CHALLENGE WILL RUN FROM

FEBRUARY 4<sup>TH</sup> – MAY 1<sup>ST</sup>

THERE WILL BE 1 MALE/FEMALE WINNER FOR OVER ALL WEIGHT LOSS & 1 MALE/FEMALE WINNER FOR OVER ALL BODY FAT LOSS.

### 1<sup>ST</sup> PLACE WEIGHT LOSS WINNERS

WIN THE MONEY FROM THE SIGN-UP FEE (MALE/FEMALE)

### 1<sup>ST</sup> PLACE FOR BODY FAT LOSS

TBA

FOR MORE INFO CONTACT

RACHEL 541.573.8050

WEEKLY WEIGH INS WILL BE MANDATORY. IF YOU HAVE AN EMERGENCY OR ARE OUT OF TOWN FOR THE WEEK IT WILL BE EXCUSED. BUT YOU MUST NOTIFY RACHEL.

### Job announcements:

#### Physical Activities Coordinator

Location: Armory

Supervisor: Mental Health Coordinator

Salary: \$11.00 / hourly

Open: 1/14/2019

Closes: 1/28/2019

FSLA: Temporary until June 30, 2019  
20 hours per wk.

#### FULL TIME POLICE OFFICER

No. of Positions: (2)

Location: Burns Paiute Reservation

Open: 12/20/2018

Closes: Open until filled

Salary: \$37,642/DOE (Full time)

Supervisor: Police Chief or appointed Personnel

ALL JOB DESCRIPTIONS POSTED ON THE BULLETIN BOARD AT ADMINISTRATION

### Summer Employment Opportunity

Tribal Stewards Program

Employment for young adult Native Americans ages 18 to 24. The dates of employment are June 21<sup>st</sup> through August 23, 2019. The program is looking for 2 tribal members. If you would like a packet of information stop by the Road to Wellness Building, or contact Jody Richards at 541-573-8005.

GYM MEMBERSHIP TO HARNEY COUNTY FITNESS – WHC WILL PROVIDE INDIVIDUAL MEMBERSHIPS TO PARTICIPANTS. IF YOU WOULD LIKE TO PAY THE ADDITIONAL \$10 TO MAKE IT A FAMILY MEMBERSHIP YOU CAN. THE MEMBERSHIP WILL BE PROVIDED EACH MONTH FOR THE DURATION OF THE CHALLENGE ONLY IF: YOU WORK OUT A MINIMUM

### Burns Paiute Tribe

100 Pasigo St.

Burns, OR 97720

541.573.8016

### TRIBAL COUNCIL CONTACT:

Chairman - Eric Hawley

541.589.3104

### Burns Tribal Police

#### Chief of Police

Alan Johnson

541.589.1030

#### Social Services Director /

ICWA Michelle Bradach

541.573.8043 / 541.413-0023

#### Domestic Violence / Assault

Teresa Cowing

541.573.8053 /  
541.413.0216

#### Police After hours:

Call Frontier Regional 911

Non-emergency  
541.384.2080





## PREVENTION NEWS

**COALITION MEETING – TUES., JANUARY 29<sup>TH</sup>**

**12:00 pm at the Gathering Center**

**Lunch will be provided**



**TEEN NIGHT—OPEN TO ALL NATIVE MIDDLE SCHOOL AND HIGH  
SCHOOL STUDENTS**

**DATE: THURSDAY, Jan 31, 2019**

**TIME: 6:30pm to 9:00pm**

**PLACE: TuWaKii Nobi**

**Dinner provided, games, discussion and fun!**

**COME HANG OUT, EAT and VISIT!**

If you need a ride, please call/text/mess Jody at 541-573-8005

or call or text at 541-589-4595.





***On January 20, 2019, the Burns Paiute Tribe Youth Leadership Council was officially established, your council members are;***

***Co-Presidents***

*Michael Teeman & Reyanne Hawley*

***Vice President***

*Lane Hawley*

***Secretary***

*K'shalee Thomas*

***Treasurer***

*Alexis First Raised*

***Members at Large***

*Truston Snapp and Methius Barney*

***Special Committees Chair***

*Soraya Johnson*

**YOU ARE INVITED!**

***To the official swearing in on February 10, 2019***

***Sunday, February 10, 2019 at 3:00 pm***

***Gathering Center***

***Swearing in, refreshments, showing of speeches and pictures. Please come out and join us in saying CONGRATULATIONS these young leaders!***

# After School Program @ Tu-Wa-Kii-Nobi 5-18yrs



**We ask that if your child is coming to Tu-Wa-Kii Nobi please let us know where they go after.**

**We need a working**

**Telephone number!**

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**Remind kids they need to participate and follow directions while here. Kids need to be respectful! Or they will be sent home. Call if any questions.**

\*\*\*\*\*

**Please !Please ! Don't send your child if they are sick . The staff and kids just got over the flu. Thank you!**

**Please call us prior to closing as to where kids go . Children under 10 need to have an adult at home.**

**Tu-Wa-Kii-Nobi Staff**

Main # 541-573-1573

After School Program-

Elise Adams-YSC- 541-573-1572-

Anita Hawley YSC Asst. 573-1573

Taylor Crafts-TWKN assistant

Scott Smyth-TAPP Coord.

589-1849

Cameron -Evening Tutoring

## Monday January 28th

3:20-4:00 Snack/homework /Reading for 20 min. Remaining free time-Slater Kids

4:00-5:00 Snack/Homework/Reading 20 min. Remaining free time-MS+ HS

5:00-5:30 Clean up and take kids home

6:00-8:00 Come and get your homework done-Evening Tutoring w/Cameron

## Tuesday January 29th

3:20-4:00-Snack/Homework/Reading for 20min. Remaining free time -Slater Kids

4:00-5:00 Snack/Homework/Reading 20min.remaining free time -MS+HS

5:00-5:30-Clean up and take kids home

## Wednesday January 30th-JANUARY BIRTHDAY CELEBRATION!!!!

3:20-4:00-Snack/Homework/Reading for 20min. Remaining free time -Slater Kids

4:00-5:00 Snack/Homework/Reading 20min.remaining free time -MS+HS

5:00-5:30-clean up and take kids home

6:00-8:00 Come and get your homework done-Evening Tutoring -W/Cameron

## Thursday January 31st

3:20-4:00-Snack/Homework/Reading for 20min. Remaining free time -Slater Kids

4:00-5:00 Snack/Homework/Reading 20min.remaining free time -MS+HS

5:00-5:30-Clean up and take kids home

## Friday February 1st

10:00-11:00- Free Time

11:00-12:00-Reading W/Ms. Lisa /Craft

12:00-1:30- Lunch For Tu-Wa-Kii Nobi

1:00-3:30-Pow-wow Club + games @Gathering Center

3:30-4:00 Take kids home



\*\*\*\*\*

**Kids need to bring there homework or they are to read required 20min. Please if you know the kids need to work on something math, book report please let us know so they can use tutor time wisely.**

Upcoming events/activities:

Starting Friday the 1st of February we will have pow-wow club or practicing dancing/ singing for upcoming performances. A schedule for those specific dates will be put out as soon as we know!

Thursday 31st-Teen Night w/Prevention

Feb 21st-Culture Night

**Please Call the office if any Questions...541-573-1572**





# COME LEARN HOW TO MAKE DRUM STICKS

**Event Date:** Wednesday and Thursday

February 6<sup>th</sup> and 7<sup>th</sup>

**Time:** 5:30 PM – 7 PM both nights

**Location:** Gathering Center

**Phone #:** 541-573-8003

The class will be taught by the

## **Spirit Warriors**

(aka the A&D Program)

It is a two-day class, on Wednesday we will start making the drum sticks and the second day is to finish the drum sticks.

Please call Joellen to sign up for the class

# MUSIC SOOTHES THE SOUL



**SPONSORED BY:**

**SPIRIT WARRIORS**  
(A&D Program)

# STALKING:

## KNOW IT. NAME IT. STOP IT.

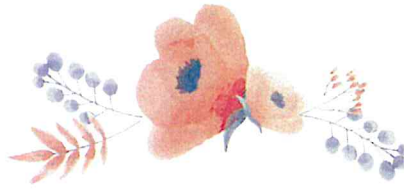
*Stalking is a course of conduct directed at a specific person that would cause a reasonable person to feel fear. An estimated seven million men and women are stalked each year also more than eighty five percent of victims are stalked by someone they may know.*

### *Know the signs of a stalker*

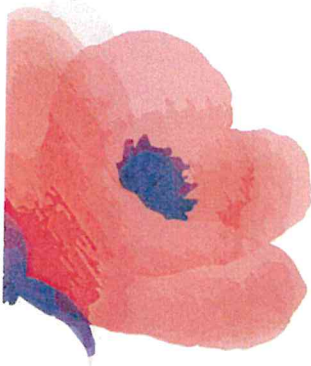
- Repeatedly call and text you, including hang-ups
- Follow you and show up wherever you are
- Send unwanted gifts, letters, cards, or e-mails
- Damage your home, car, or other property
- Monitor your phone calls, computer use, or social network account
- Hack into your social networking accounts (Facebook) or email
- Use technology, like hidden cameras or global positioning systems (GPS), to track where you go
- Drive by or hang out at your apartment/residence hall, outside your classroom or at your work
- Threaten to hurt you, your family, friends or pets
- Find out about you by using public records or online search services, hiring private investigators, going through your garbage, or contacting your friends, classmates, family, neighbors, or co-workers
- Other actions that control or frighten you.

***Burns Paiute Sexual Assault & Domestic Violence Program***

***Office 541-573-8053 Cell 541-413-0216***



# **Wadatika Yaduan COMMUNITY LANGUAGE GAME NIGHT**



## **Language Game Nights 2019**

**Location:** Gathering Center


**Time:** 5:30-7:30pm Dinner Provided

*If you need a ride, please give us a call! (541) 573-8097*

### **Future Dates:**

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**Burns Paiute Culture &  
Heritage Department:**  
Wadatika Yaduan Language  
Program

 (541) 573-8097

### **Language Team:**

Director: Diane (541)413- 1190

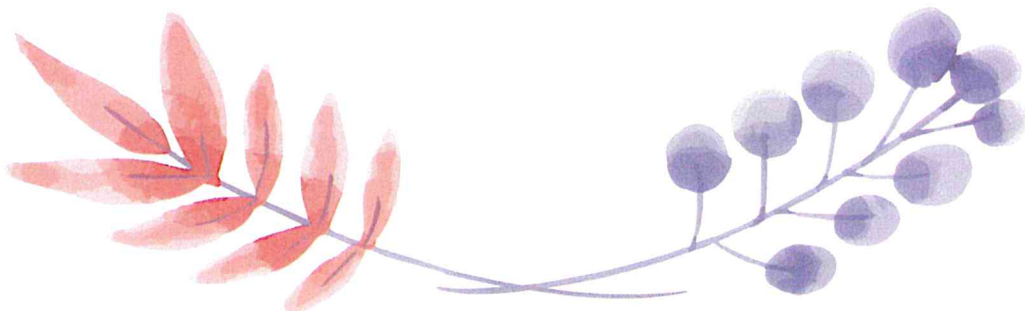
Lindsey D. (541)413-0434

Danny S.(541)413-0381

Esther C.

Charlotte R.

January 8<sup>th</sup> & 22<sup>nd</sup>  
February 5<sup>th</sup> & 26<sup>th</sup>  
March 12<sup>th</sup> & 26<sup>th</sup>  
April 9<sup>th</sup> & 23<sup>rd</sup>  
May 14<sup>th</sup> & 28<sup>th</sup>  
June 11<sup>th</sup> & 25<sup>th</sup>  
July 9<sup>th</sup> & 23<sup>rd</sup>  
August 13<sup>th</sup> & 27<sup>th</sup>  
September 10<sup>th</sup> & 24<sup>th</sup>  
October 8<sup>th</sup> & 22<sup>nd</sup>  
November 12<sup>th</sup> & 26<sup>th</sup>  
December 10<sup>th</sup> & 24<sup>th</sup>



# **Biggest Rez Loser Weight Loss Challenge**

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**@ WADATIKA HEALTH CTR.**

**\$20 SIGN-UP FEE (FEBRUARY 1<sup>ST</sup>)**

**CHALLENGE WILL RUN FROM**

**FEBRUARY 4<sup>TH</sup> – MAY 1<sup>ST</sup>**

**THERE WILL BE 1 MALE/FEMALE WINNER FOR OVER ALL WEIGHT  
LOSS & 1 MALE/FEMALE WINNER FOR OVER ALL BODY FAT LOSS.**

## **1<sup>ST</sup> PLACE WEIGHT LOSS WINNERS**

**WIN THE MONEY FROM THE SIGN-UP FEE (MALE/FEMALE)**

## **1<sup>ST</sup> PLACE FOR BODY FAT LOSS**

**TBA**

**FOR MORE INFO CONTACT**

**RACHEL 541.573.8050**

**WEEKLY WEIGH INS WILL BE MANDATORY. IF YOU HAVE AN EMERGENCY OR ARE OUT  
OF TOWN FOR THE WEEK IT WILL BE EXCUSED. BUT YOU MUST NOTIFY RACHEL.**

**GYM MEMBERSHIP TO HARNEY COUNTY FITNESS – WHC WILL PROVIDE INDIVIDUAL  
MEMBERSHIPS TO PARTICIPANTS. IF YOU WOULD LIKE TO PAY THE ADDITIONAL \$10 TO  
MAKE IT A FAMILY MEMBERSHIP YOU CAN. THE MEMBERSHIP WILL BE PROVIDED EACH  
MONTH FOR THE DURATION OF THE CHALLENGE ONLY IF: YOU WORK OUT A MINIMUM**




**OF 12X PER MONTH. THIS WILL BE TRACKED THROUGH A SIGN IN SHEET AND A FOB THAT WILL BE GIVEN TO CHECK IN AT THE GYM. THAT MEANS IF AFTER THE FIRST MONTH YOU DID NOT MEET THE MINIMUM WORK OUT REQUIREMENT WHC WILL NOT PAY FOR THE NEXT MONTH.**

**REMINDER — YOU MUST FOLLOW ALL OF THE RULES OF HARNEY COUNTY FITNESS**

**PARTICIPATION IS AT YOUR OWN RISK. CONSULT YOUR PHYSICIAN BEFORE YOU BEGIN ANY EXERCISE/WEIGHT LOSS PROGRAM**

**WADATIKA HEALTH CTR IS NOT RESPONSIBLE FOR ANY INJURIES THAT MAY OCCUR DURING YOUR PARTICIPATION IN THE BIGGEST REZ LOSER CHALLENGE.**



# COMMUNITY INSPIRATION

**You're Invited to participate with Wadatika Yaduan  
Language Programs Storytelling Project**

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**Sunday, Jan. 27<sup>th</sup> @ 2pm - GC**

**Sunday, Feb. 3<sup>rd</sup> @ 2pm - GC**

**Sunday, Feb. 17<sup>th</sup> @ 2pm - GC**

**Sunday, Mar. 3<sup>rd</sup> @ 2pm - GC**

**Sunday, Mar, 17<sup>th</sup> @ 2pm - GC**

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**"NURTURING THE PASSION & POWER OF CREATIVE EXPRESSION"  
NEED A RIDE? CONTACT LINDSEY D. (541)413-0434**

**SPONSORED BY COMMUNITY INSPIRATIONS GRANT &  
BURNS PAIUTE CULTURE & HERITAGE DEPT.**







FEMA STLL Governance Guide – 1 time; Climate Change/Future Fires – 1 time;  
 Webinar on FEMA - Tribal Grant Roll Out – 1 time;  
 Oregon SHSP Webinar Call – 1 time;

- Emergency Response Vehicle:

Routine Maintenance – 1 time; Wash & Clean vehicle – 1 time;  
 Jump start vehicle – 3 times; Move vehicle to south side of Police station  
 for better sunlight access – front window;

- Fire Equipment:

Fire trailer was in shop to replace damaged hoses, and get pump working;

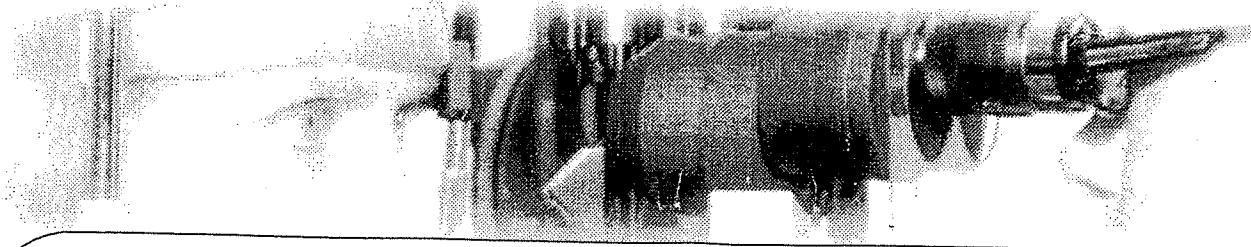
- Administrative Activities:

Statistical Data Gathering and prepare the 2017 Annual Report;  
 Perform Administrative Filing – 4 times; 2018 Budget development – 5 times;  
 Register for OEMA Conference – 1 time; Clean-up of Armory – 1 time;  
 Distribute GSA credit cards for fire vehicles – 1 time;  
 Meeting with Assistant Fire Chief (radio frequencies, supplies & etc.) – 3 times;  
 Worked on meeting notes – 6 times; Travel reimbursement from OEM – 1 time;  
 Prepare Flood Plain Mapping for Tribal Council/FEMA meeting – 1 time;  
 Order supplies – radio & AED batteries, and installed – 3 times; and get Outreach &  
 Education supplies – 1 time;

- FUNDING SOURCE(S):

Oregon Health Authority: Oregon Emergency Management (OEM)	
Public Health Preparedness	\$ 17,555.00
Health Preparedness	\$ 15,065.00
<b>Grand Total</b>	<b>32,620.00</b>

# Glaucoma Awareness Month



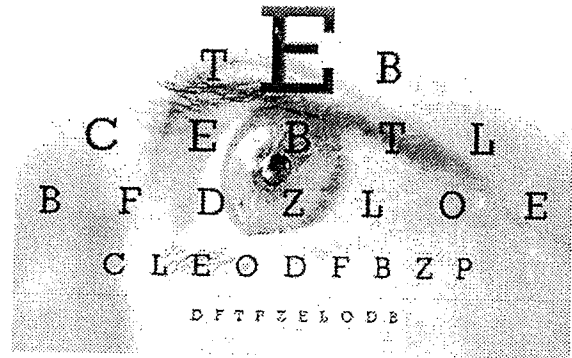
Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and blindness. However, with early detection and treatment, you can often protect your eyes against serious vision loss.

Without treatment, people with glaucoma will slowly lose their peripheral (side) vision. If left untreated, people may miss objects to the side and out of the corner of their eye. Over time, central vision may decrease until no vision remains.

People 60 years and older have an increased risk for developing glaucoma, as do those with a family history of glaucoma, and people with diabetes. Glaucoma can be detected with a comprehensive dilated eye examination. Early detection and treatment can help prevent or control vision loss.

## Health tip for Glaucoma patients

Because glaucoma often has no symptoms, people may be tempted to stop taking, or may forget to take, their medicine. You need to use the drops or pills as long as they help control your eye pressure. Regular use is very important.



Source: [https://nei.nih.gov/health/glaucoma/glaucoma\\_facts](https://nei.nih.gov/health/glaucoma/glaucoma_facts)

A few common symptoms are:

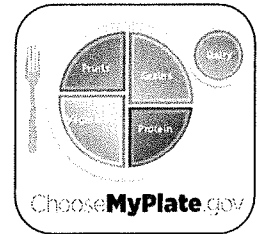
- Loss of side or peripheral vision
- Seeing halos around lights
- Vision loss
- Redness in the eye
- Eye that looks hazy (especially in infants)
- Eye pain and narrowed vision (tunnel vision)

# 10 tips

Nutrition  
Education Series

# be food safe

## 10 tips to reduce the risk of foodborne illness



**A critical part of healthy eating is keeping foods safe.** Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—**Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

### CLEAN

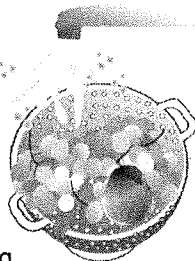
**1 wash hands with soap and water**  
Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

**2 sanitize surfaces**  
Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

**3 clean sweep refrigerated foods once a week**  
At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

**4 keep appliances clean**  
Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

**5 rinse produce**  
Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.



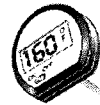
### SEPARATE

**6 separate foods when shopping**  
Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

**7 separate foods when preparing and serving**  
Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

### COOK AND CHILL

**8 use a food thermometer when cooking**  
A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.



**9 cook food to safe internal temperatures**  
One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F ([www.isitdoneyet.gov](http://www.isitdoneyet.gov)).

**10 keep foods at safe temperatures**  
Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).



WORKSHOP: OPPORTUNITY KNOCKS 2019

# STARTING A BUSINESS IN HARNEY COUNTY

Do you have a good business idea?  
Want to explore it? We want to hear it!

JOIN US!

FEBRUARY 6, 2019

FROM 2-4:30 PM

HARNEY COUNTY COMMUNITY CENTER

478 N. BROADWAY

BURNS, OR

Start the New Year out right and join us in an exciting discussion with Harney County business owners sharing their experiences of risk and reward of starting businesses. Learn how BizHarney can help you be an entrepreneur.



# Great Basin Native Basketweavers Association

Learn the process to weave and create a

# Basket Hat

**February 16 & 17, 2019**

**9:00 am-5:00 pm**

**Pyramid Lake Jr/Sr High School**

**+ Potluck Luncheon +**  
**Please bring a dish to share**



## Come Prepared Please Bring:

- ♦ About 120-160 fine, 15-20" long, 1/8<sup>th</sup> wide at base, scraped willow rods.
- ♦ 30 willow threads at least 1 yard long and each about 1/4 to 1/8" wide or commercial caning.
- ♦ A small tub to soak willows & other material.
- ♦ Small clippers, scissors.
- ♦ An Awl.
- ♦ Small paring knife for scraping and sizing.
- ♦ Spray bottle and/or sponge.
- ♦ An Apron and Lap towel(s) are helpful.

## Great Basin Native Basketweavers Association Mission:

*Our goal is to revive, enhance, and promote the traditional art of basket making handed down throughout the Great Basin Region.*

*The Great Basin area stretches from the South area of Death Valley, California, up to the middle of Oregon, from the Sierra Mountains clear across to the Great Salt Lake.*

*All Tribes within the Great Basin region including Washoe, Shoshone, Northern and Southern Paiute, Goshute, Ute, Bannock, Mohave, and Chemehuevi tribes.*

*A need to strengthen and retain our traditional art of baskets is a must, and we gather here today to call ourselves the Great Basin Native Basketweavers Association, with the intent and purpose of keeping the baskets alive for another thousand years.*



## Pyramid Lake Museum & Visitors Center

709 State Street  
Nixon, Nevada 89424  
Phone (775) 574-1088



[www.pyramidlake.us](http://www.pyramidlake.us)  
[www.pyramidlake.us/pyramid-lake-visitor-center.html](http://www.pyramidlake.us/pyramid-lake-visitor-center.html)

## GBNBA Information:

**Leah Brady**  
**775-340-2833**  
**[www.gbnba.org](http://www.gbnba.org)**

Email:  
[gbnativebasketweavers@gmail.com](mailto:gbnativebasketweavers@gmail.com)





# Ethereal Moments

*Featuring the World Premiere of Cantares Mexicanos*

**A commissioned piece by renowned composer Joseph Julian Gonzalez**

The commission celebrates the Flower World, a mystical place of immense spiritual awareness that honors nature's beauty. Join us for a deeply fulfilling musical experience presented as an auditory and visual extravaganza.

**Join us for delicious refreshments and a pre-concert presentation by Composer Joseph Julian Gonzalez beginning at 6:30.**

**Saturday, March 30, 2019  
at 7:00 pm**

**Burns Paiute  
Gathering Center**

**All are welcome to  
attend this free event.**



**ROGUE VALLEY  
CHORALE**

**46 years of Celebrating the Joy of Singing**



**Michael Morris**  
Artistic Director





# American Indian/Alaskan Native Pre-Admission Workshop

**In partnership with University of Washington and Washington State University**

This is a one day event designed for American Indian and Alaskan Native pre-medical students who are actively preparing to apply to medical school within the next two years.

Here is the link to sign up for this workshop:  
[bit.ly/NNACOEApplicationWorkshop2019](http://bit.ly/NNACOEApplicationWorkshop2019)

Competitive travel scholarships are available

Apply by March 1st, 2019

**Saturday,  
May 4, 2019  
8 a.m. - 5 p.m.**

Robertson Life Sciences Building, 2S014 & 2S018  
2730 S.W. Moody Ave.  
Portland, OR 97201

For more information or questions please email Marissa Fuqua Miller at  
[nativehealth@ohsu.edu](mailto:nativehealth@ohsu.edu).

[www.ohsu.edu/NativeHealth](http://www.ohsu.edu/NativeHealth)

126117 313686 01/19



Elson S. Floyd  
College of Medicine

WASHINGTON STATE UNIVERSITY

